2003 GASO PLANS

Since the Great American Navy & Marine Corps Smoke Out Day is around the corner, it might be helpful to share some of your planned activities and events with others!

Please list some of your highlights and send to all on this list!

***At the DoD level, AATURC (Alcohol Abuse and Tobacco Reduction Committee) has been working with Health Affairs to create a new DoD SmokeOut Day Poster! As soon as the final copy is done, I will send out to you for use!**

***All hands articles on Tobacco and the Smoke Out, Women and smoking and Radio psa's written by PERS PAO are in the process of being completed and sent out!**

***Friday FACTS has published Tobacco & GASO articles in the 22 August,3 October and 17 October 2003 issues!**

GASO PLANS

USHN Okinawa

At Okinawa, we are planning to advertise a tobacco hotline and e-mail address for anyone interested in quitting or cutting back-we will then develop a tobacco e-mail group and send out daily messages and quit tips. The caller can also stop by their nearest branch medical clinic pharmacy to pick up 2 pieces of nicorette gum for GAS Day.

Primary Care is using the Tar Wars Program and will be sending representatives to all present at all 3rd grade classes.

HP has lined up speakers for two full days at the local H.S, including 1 end stage emphysema patient willing to speak at a general assembly.

The usual channels will be used for awareness and promotion - articles, flyers, POD notes, WAN, AFN, base newsletters.

GASO PLANS

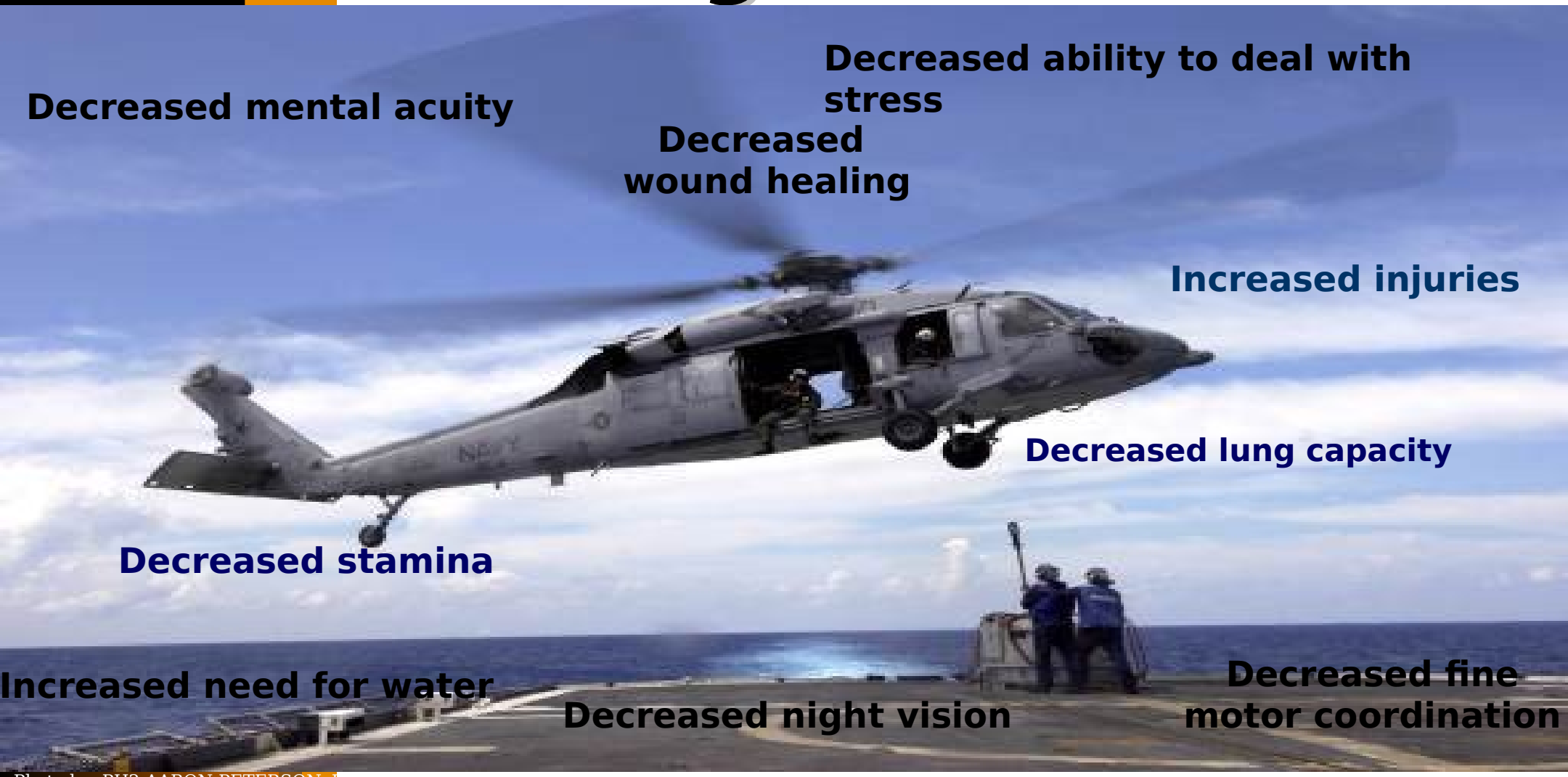
NAS Jacksonville, will break the chain of Nicotine Addiction this year by conducting a 2-day program starting with a 1/4 Swim 19 Nov 03 at the Base Indoor pool. The Swim is the first leg of the "Great American Smoke out Navy Fitness Challenge."

The second event will be on the 20th with a 5K run event around perimeter road. Participants will be able to participate in either event or the combined event. There will be medals for each event 1-3rd place, and medals for the combined times of both events. We will also be handing out Turkeys for awards and having a Turkey drawing the second day.

This year I am actually starting next week during Red Ribbon Week (October 27-31) with 5 health fairs Mon - Fri of that week. Red Ribbon Week events will be at VP-30, Galley, NEX, Hospital and Fitness Centers. The Focus of Red Ribbon Week will be on PIT Tobacco with an all-day event on Wed at VP-30 . Red Ribbon Week is National Drug Prevention and Awareness - Nicotine being the biggest Killer of course.

Additionally, there will be a Mini-Health fair at the NEX / Commissary complex focusing on Tobacco Cessation.

Smoking Causes…



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Don’t compromise the mission!

Join the Navy's

Great American Smoke Out

Thursday, November 20

If you are a tobacco user: Commit to giving up tobacco for the day. Hide your cigarettes, lighters, matches, ashtrays, or smokeless tobacco and go "cold turkey."

If you are a non-tobacco user: Commit to adopt a smoker for the day. Help you adoptee to stay tobacco free with encouragement and reassurance that there are only 24 hours in a day!

Mini Mart Health Fair

Thurs Nov 13, 11:00-1:00

Adopt a Smoker Contracts & Survival Kits

Displays

Tobacco Cessation Information

Come to the 5K run/walk for the Adopt a Smoker Partners

Thurs Nov 20 at **12:00** starting at the base gym

Sign up with your Command representative or Health Promotion at x3350

Sign up and pick up your survival kit and Adoption Contract from your Command Smoke Out representative or Health Promotion x3350.

Give your lungs a "day off!"

Join the SmokeOut!

GASO PLANS

At MCAS Cherry Point we:

1) Will man a GASO booth at the Mall on 20 November.

We will have Survival kits, CO Monitor testing, kits to adopt a smoker, imitation smokeless tobacco.

2) Are asking non smokers to give up something for the day to help them empathize.

3) Are advertising through our base paper, Windsock, the base marquees, and banners.

4) Have two Tobacco Cessation Classes starting 5 November: both day and evening

5) Will man a GASO booth at two other Health Fairs: NADEP and Semper Fit prior to 20 November

GASO PLANS

Beaufort Naval Hospital and the Tri-Command GASO events are as follow:

3-7 November - Marketing efforts: Daily all hands messages (Facts, Figures and Quotations about tobacco) to the Marine Corp Recruit Depot (MCRD) and Marine Corps Air Station (MCAS) active duty and civilian personnel.

14 November - Article in the Tri-Command newspapers (The Boot and the JetStream)

20 November - 5K/1.8 Mile Smokeout run. Certificates, refreshments and prizes for the participants.

Educational booth in the Navy Hospital 1st floor next to the pharmacy. ACS representative may be available.

GASO PLANS

GASO plans to promote the GASO at NH Charleston are as follows:

week of 03NOV- advertise via flyer, poster board displays at hospital and branch clinic

week of 10Nov-Speaker still pending

20 Nov- "Stamp Out Smoking" booths with tobacco fact and goodie bags for distribution. Plan to challenge a trade off: cigarettes for goodies.

-Tobacco cessation walk/run-a-thon with certificates of participation issued and prizes for 1st, 2nd and third place finishers.

Other options are still being considered.

GASO PLANS

Lemoore is planning a large celebration. We are planning a Great American Smokeout event that will include the American Cancer Society, MWR,

Kings County Health Department, American Lung Association and our own Wellness Center. We will have a fun run/walk on the 20th of November. In addition, during the run, we will have several booths available to our patrons. The planning includes a series of educational booths located into zones (e.g., adult and kid). We have instituted a coloring contest and essay contest with the local schools aboard base (grades 4-8).

A Team O2 van has been scheduled for the event and will be located in the kids zone. This feature will provide kids with games and entertainment (music) that is tobacco related. In our kid zone, we will have a booth introducing the Tar Wars program.

The American Cancer Society will host the Adopt a Smoker booth.

Wellness Center will present facts about tobacco use.

The fun run/walk will have various prizes and awards.

GASO PLANS

GASO Plans-Groton, CT

1. Adopt-a-smoker for any command interested

2. Collaboration with MWR and our local American Cancer Society: Smokers signing a contract to attend 4 session cessation

group and be tobacco-free on 20 Nov. and participate in the walk/run (5K) on the 20th, will receive a Thanksgiving Turkey, compliments of MWR.

3. Anti-tobacco displays, banners, posters at

exchange and various commands

GASO PLANS

BMC Kingsville, Texas

Our GASO plans for November includes:

1. **Articles in the Naval Air Station Kingsville FlyingK newspaper.**
2. **GMT training for all commands attached to NAS Kingsville.**
3. **The Health Educator and three Tobacco Cessation Facilitators will be visiting the Navy Exchange and Commissary once per week throughout the month of November to distribute Tobacco Literatures and provide support/encouragement to shoppers with tobacco users in their family and or tobacco users.**
4. **Display tobacco information throughout the Branch Clinic and MWR Gym/Fitness Center.**

GASO PLANS

Planned events for Camp Lejeune:

14-18 Nov Mass Marketing (LCTV10, Radio, Articles, Banners, etc)

19 Nov 0630-0730 Base wide exercise session CG Parade Field

Tobacco Presentation Middle / JHS

20 Nov Displays at MPX, JHS, Naval Hospital working in partnership with MCCS, Semper Fit.

Special Note: We are doing a challenge at NHCL, asking (staff) tobacco users to make a pledge to quit during GASO. Also, we are conducting a first time Tobacco Cessation Class for students attending JHS.